

## TIPS FOR NEW NONSMOKERS

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### **Life After Cigarettes, What It Takes To Stay Tobacco-Free**

Becoming a nonsmoker is a long and hard process. Staying tobacco-free is the longest and most important part of it. Every day you must decide not to smoke today. Each day that you don't smoke is a small victory. These all add up to a huge victory over time. Many of the things you did to help you quit smoking can help you gain that big victory.

#### **Refuse Offers Of Cigarettes**

Stand up for your decision to quit. Ask for what you want and refuse things you don't. Saying no doesn't have to upset people. The best thing is to be polite and firm. You can say things like; "No thanks, I'm a nonsmoker." or "Please don't offer me any more cigarettes, I'm trying to stop." Usually people will be understanding and will accept your decision.

#### **Everyone Needs Support**

Even after you've been smokefree for a while, you can still be triggered to smoke. When this happens, turn to someone that supported you when you first stopped smoking. This is totally normal, and doesn't mean you're weak. Talking about a craving with someone can help you figure out what's really going on while the craving passes.

#### **Avoid Risky Situations**

If you know where you're tempted to smoke, stay away from those situations when you can, until you feel ready to deal with them. Avoid others while they're smoking. If all else fails, leave when the urge to smoke is overwhelming.

#### **Reward Yourself for Staying Smokefree**

It's tough to quit smoking; staying smokefree is a major accomplishment. Make sure you're rewarding yourself. Now that you're not buying cigarettes anymore, you might have extra money to buy a small treat. But your reward doesn't have to cost anything, invite a friend over for movie night!

**Remember**, being a nonsmoker happens one day at a time. Celebrate your milestones (big and small); you deserve it!



DEPARTMENT OF  
**PUBLIC HEALTH  
AND WELLNESS**

Louisville Metro Department of Public Health & Wellness and Kentucky Cancer Program coordinate the Cooper/Clayton Method to Stop Smoking program in collaboration with community partners.

